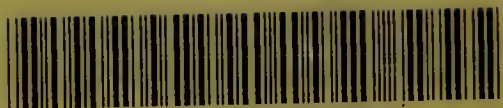


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Children's Ailments;

HOW TO DISTINGUISH, AND HOW TO TREAT THEM.

BEING

A MANUAL OF NURSERY MEDICINE,

ADDRESSED TO

MOTHERS AND NURSES,

And to all who are Interested in Caring for the Little Ones.

BY

WILLIAM BOOTH, L.R.C.P.Ed., L.R.C.S.I.,

AND LICENTIATE
IN

MIDWIFERY AND THE DISEASES OF WOMEN AND CHILDREN
BY THE SPECIAL DIPLOMAS OF
THE ROYAL COLLEGE OF SURGEONS, IRELAND,
AND
THE COOMBE OBSTETRIC HOSPITAL.



LONDON:

COOPER & BUDD, 12, HIGH STREET, PECKHAM.

MAY BE HAD OF

ALL BOOKSELLERS, AND OF CHEMISTS & DRUGGISTS.

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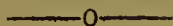


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CHILDREN'S AILMENTS.

A MANUAL OF NURSERY MEDICINE.

INTRODUCTORY ADDRESS.



IN presuming to put this little work into the hands of the public, I feel it desirable to offer some explanation of the causes which have led to my doing so, and of the objects that I have in view.

During the time that I was occupied in an extensive practice in the populous district of Bloomsbury, and since I have been resident here, I have constantly had occasion to note the want that existed among mothers of families that I was attending, of some practical information on the very important subject of their children's health.

I have had many opportunities of noticing and deploring the effects of an ignorance, entire or partial, of matters that fell within my proper consideration as a physician, and that came before me in different ways. Now, for example;—there is the too-sanguine—I will not say careless—mother, who never will believe that her child can be really sickening, let it pine and fret as it may, until very palpable proofs indeed make themselves apparent. In this lady's opinion "symptoms" are "nonsense"; and what she terms "a good night's rest," with possibly a dose of castor

oil, is with her a sovereign and sufficient remedy for all infantile and childish illness. Many little patients have I had, who, had their mothers been a trifle more observant and better informed on such subjects, need never have come under my hands at all, and would have been saved from grave and serious malady.

On the other hand there is the precipitate and over-anxious mother, who is incessantly bothering her medical attendant with the trivial and fanciful ailments of her young ones, which ought to have been amenable to her own treatment had she had a little knowledge of what I may style "nursery medicine." The use of this term reminds me of Homœopathy, the practice of which absurd invention seems to afford great satisfaction to the feminine mind. There is something very fascinating about the neat little cases of diminutive bottles, the sugar-globules with their fantastic names, and all the rest of it; but I would have my readers remember, that, in presence of real disorder, all such trifling must be laid aside, and effective measures adopted, or the same evils must be expected that would follow entire neglect.

Of course I have not failed to remark on these and kindred subjects to the ladies themselves, and have generally been met with some such response as—"Well, Doctor, how was I to know?"—How indeed! When I came to look over my book-shelves in hopes of finding some manual that I might confidently com-

mend to maternal perusal, I was unable to find any that seemed exactly to meet the case. How to distinguish the grave diseases of childhood at their commencement from minor disorders, and how to treat the latter at home, were the subjects required, and which I failed to find set forth in any popularly appreciable manner. This, then, was the true reason that more immediately led me to put forward my own notes on children's ailments, and in pamphlet form to convey them to my lady-patients.

Since the work has reached completion, and grown somewhat beyond the original limits assigned to it, I have been induced to suppose that it may not be without its value to others, besides the matrons who honour me personally with their confidence.

I venture to hope that the hints here collected may be of some service to many mothers, and may even prove not unwelcome to professional nurses.

To all those charitable ladies, clergymen's wives, district visitors and the like, to whom the welfare of the little ones in the alleys and courts, into which their benevolent duties take them, is near at heart, I think I am justified in offering such information as these pages contain.

Lastly, the chemist and druggist, who in these days of pharmaceutical progress reasonably aspires to the position formerly held by the apothecary, will I trust find here some matter to help him, since he is now not in-

frequently called upon to prescribe as well as to compound for children.

In so far as my humble abilities have permitted it I hope that this book may serve the purposes indicated above, and may be found acceptable and useful by those persons for whom it is intended.

In conclusion, I am bound to add that my best thanks and acknowledgments are due to MR. W. D. HAY, to whose professional knowledge and literary ability I have been largely indebted in the production of these pages.

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CHILDREN'S AILMENTS.



THE GENERAL MANAGEMENT OF INFANTS AND CHILDREN.

BEFORE entering into a distinctive description of the various diseases incidental to infancy and childhood, it will be proper for me to briefly pass under notice the system I consider it most advisable to adopt, for the reasonable and right management of the little ones in all things influencing their health. It is most certain, that a due and careful attention to all the little details of life at its first and earliest stages, will prevent much liability to pain and suffering in the opening years, and will go far towards providing for a healthy and vigorous after-life. This consideration makes it apparent that mothers and nurses, and all who have in any way the guardianship of the young, cannot be too vividly aware of their great responsibility; and they should continually remember that upon their care and solicitude must in great measure depend the due development and exercise of all the bodily functions of the tender lives in their charge.

I think it will be unnecessary for me to say

anything here about infants at that earliest period in especial, when the accoucheur and monthly nurse are in attendance: the benefit of their advice and experienced assistance will be then obtainable, and assuming each to be competent to fulfil his or her particular duties there can scarcely be occasion for me to offer any suggestions. I shall pass on, therefore, to consider in the first place the food of infants and children.

The natural food of infants for six months after birth is undoubtedly their mother's milk, and this alone; and where cases arise in which this cannot be had for the first day or two, milk-and-water sweetened with a little sugar, and administered in small quantities, is the safest temporary substitute. I hold most decidedly that bringing up children entirely by hand, or weaning them too soon, are to be equally avoided wherever possible, as prejudicial to health. Of course it is to be understood, that upon the state of health of the mother will depend the question as to whether she is competent to suckle the infant herself, or whether she must depute the duty to another. This is a point which the accoucheur will decide, as is also the proper choice of a wet-nurse, should the services of such a person unhappily be needed. As regards the frequency of suckling, this must in great measure depend upon individual circumstances; the appetite of the infant, and the amount of the supply will have to be taken into account. Usually, it will be found necessary to give the infant the breast at intervals

from two to four hours during the day and night, and considerable discomfort may be saved by causing these periods to recur regularly from the first. Weaning is not desirable before six months, and on the other hand, suckling should not be continued longer than ten or twelve months at the outside. It may be well to commence at about five months, with one meal a day from the feeding bottle, and after a week or two to give two such meals, and so by gradual degrees to let other food supplement and at last take the place of the breast. The infant should not be subjected to any change of diet while at all unwell, or if distressed by teething, and the weaning is best conducted, not abruptly, but in a slow and gradual way.

Of the various kinds of food that are useful at this early period, the first in importance is cows'-milk. This is to be given as fresh as possible, and always mixed with a full proportion of water, it may also be slightly sweetened with white sugar. This mixture is not to be set aside to keep, but to be prepared afresh each time that it is required. By and bye, as the infant gets accustomed to the change from sole dependence on the breast, and becomes used to the feeding bottle, its diet may be gradually still further varied. Gruel, made with groats or barley, and *not made thick*, is usually the first alteration from plain milk-and-water. Sago, rice, arrowroot, tapioca and Indian corn flour, have all their merits as food for infants. The first four have, it is said,

some tendency to confine the bowels if they are used exclusively, and therefore they are best alternated with preparations of corn flour, pap, bread-jelly and other preparations, whose effect is somewhat in a contrary direction. Of these, pap is to be made preferably from rusks, biscuit-powder, or "tops and bottoms," soaked in boiling water, and afterwards sweetened and mixed with milk.

Bread-jelly, a preparation to be highly recommended, is thus made:—The crumb of a loaf is thoroughly steeped in boiling water for an hour or two, and then strained completely free from the water. It is next placed in a saucepan and just covered with fresh water. This is allowed to simmer until perfectly smooth, when the water is again pressed out and the bread-jelly allowed to set. It may be eaten as required, mixed with sugared milk-and-water.

Another very nourishing food is thus made from carrots:—About an ounce of finely scraped full-grown carrot is mixed with a pint of cold soft water, and allowed to stand with frequent stirring for twelve hours. The liquid is then strained and pressed from the pulp, and is ready for use. It may be heated with biscuit-powder, corn-flour and similar things, to form a pap, which when sugared is both palatable and wholesome for infants. The liquid must not be heated to boiling point or it will thicken.

I am inclined to think that there is too often a disposition to over-feed young infants, and by so doing to cause them to suffer much discom-

fort and to render them liable to constant disorder of the stomach. Every three or four hours is sufficiently frequent to feed the child, and its consumption is usually about a tea-cupful at one time. It is also wrong to make the gruels too thick, and which is a common error. I have spoken under the head of "Weaning-Brash" as to the fact of an infant's stomach voluntarily rejecting a superfluity of food, whilst retaining the proper amount. The occurrence of this should guide the nurse as to the capacity of her little charge.

After the eighth month the diet may be safely but still gradually extended; chicken-broth, beef-tea, the whole or part of an egg—raw or very lightly boiled—may be added, while as the teeth appear and mastication becomes possible more solid food is evidently natural. The diet of children up to eight and ten years of age, and indeed for as long after as it is possible to control them, ought to be confined to the plainest and simplest fare. Oatmeal porridge, bread and milk, bread (made from whole meal preferably) and butter, with milk-and-water to drink, are most satisfactory for breakfast and supper; milk-puddings, eggs and bread, beef-tea and broth, fresh fish, mutton-chops or plain roast and broiled meat with potatoes and other vegetables, should be the list from which dinner may be selected. I would most earnestly and decidedly recommend that all such articles as tea, coffee, pastry and rich cakes, made dishes and the like, should be absolutely forbidden to children; it is better too, so far

as is practicable, not to let them see others partaking of these things, so that they may not thus acquire a craving for them. Cakes of a perfectly plain description may be allowed in strict moderation, and with the same proviso I see no objection to a little sound ripe fruit or jam, but these things are to be allowed only occasionally and in limited quantities. The meals ought to be at regular and stated times, and in the intervals between should the child really complain of hunger, some plain bread and butter or a biscuit will not do any harm. Wine and beer are of course not permissible to children, unless specially ordered in case of illness. Sugar, in the forms of sugar-candy and barley-sugar, seems to be almost a necessity with children, but I should be inclined to advise that it be allowed only sparingly and not often.

A good deal of firmness is requisite in dealing with children, if it is desired to bring them up in a healthy and properly systematic way, and I daresay many parents would think themselves unnecessarily harsh, if they did not let their children have all the eatables and drinkables that took their fancy. It should be borne in mind, however, that it behoves the wise parent to exercise a judgment and discretion that cannot be expected from the child itself; most especially must this be done in everything that relates to food. The digestive organs of children are most tender and easily susceptible of injury, while their appetites are omnivorous; so that it becomes imperatively necessary to

pay every attention to their diet, if it be desired to save them from much present uneasiness and possible future suffering.

It is to be remembered that warmth is most essential to new-born infants, and indeed is very necessary to all young children. Care, therefore, must be taken to ensure this to them, and to avoid all possible risk from their exposure to cold and chills. It is not advisable to use cold water in washing infants, and the cold bath, though most salutary for all children, is not to be given to them at a very early age, and is certainly to be disused in cold weather or if it distresses the child. Perhaps it will be scarcely needful for me to add, that the morning cold bath should be entered at the moment of leaving the bed, so as to avoid the possibility of a previous chill, that it is not to be long remained in, and that a brisk and rapid drying with a soft towel should follow. Cleanliness in all respects cannot be too forcibly advocated. Young infants should be sponged all over with lukewarm water both night and morning, and older children should have their bath or be freely sponged in the same way at least every morning. The clothing of children should be frequently changed, the underclothing most especially; in the case of young infants in particular it is desirable that this be done daily. A medical authority of high note, says:—"It would be better for the health and comfort of the child if the money that is expended upon *fine* clothes were employed in augmenting the number of its

under-garments, so as to facilitate repeated changes."

Soap is not often necessary for babies, but becomes so of course, as soon as their movements get more free and allow of their accumulating dirt; their skins are benefited by dusting starch-powder over them after washing; caution is to be used, however, in purchasing powders sold for this purpose, as some of them have lately been found to have contained deleterious substances; plain starch is perhaps the safest as it is undoubtedly the best. The habit of cleanliness, if imparted early, becomes natural to the growing child through after-life, and is to be always inculcated.

The hair of children is frequently liable to become full of "scurf," and in such a case I advise that it be slightly greased over-night with olive oil and washed in the morning, using the yolk of an egg instead of soap. In spite of all precautions too, it sometimes happens that lice will harbour in the hair, and a remedy for this will be found in FORMULA 46, which is to be freely sponged over the head.

As to the dress of children, it will not be necessary for me to add much to what I have just said on the subject. Mothers usually prefer fine linen or lawn for babies' under-clothing, and this is doubtless for the best. As children become old enough to run about and expose themselves, I should feel a preference myself to clothe them in flannel under-garments and would advise it, although I am aware many ladies have a prejudice against it;

but this material is certainly the safest in such a climate as ours, and may now be had of very fine and soft texture. The great objects in dressing children should be to ensure for them warmth, simplicity, and ease. Free movement must be allowed to the limbs both of infants and older children, while at the same time these must not be left uncovered. The exposure of the legs, arms and necks of children ought on no consideration to be permitted; it is a practice productive of much ill, and often predisposes them to chest affections. Beyond these points, the details of the dress are best left to the good sense of the mother.

With regard to fresh air, this is without doubt one of the most important elements of health; but it should be obtained without undue exposure to the severities of the weather. At its early age the body of a young child is more susceptible of variations of temperature than at a later period, and the natural heat of the body has not the power that it afterwards attains of resisting and recovering from the impressions produced upon the body by cold and wet; in view of which incapacity it seems needless to say how careful we should be in shielding children from the possibility of being so harmed.

There are persons, I believe, so foolish as to fancy that they may "harden" the constitutions of their children by subjecting them to various measures which are directly contra-indicated in the above statement. A favourite example of the "hardening" process with them, is the re-

markable physical development and hardihood of the Scottish Highlanders, which they seek to obtain for their children by exposing the poor little things in scanty garments to all changes of weather, by plunging them into cold baths in the middle of winter, and by all sorts of other torments. These misled people do not know, I suppose, that apart from considerations of difference of race, it is not the fact of their undergoing hardship from birth that makes the Highlanders and similar peoples so famous for athletic vigour; but that it is because these same hardships kill all the more weakly infants and children, and permitting only the survival of the fittest and strongest, those who do arrive at maturity necessarily show forth as a robust and sturdy people.

No doubt it would be a capital thing if we could change a weak constitution into a strong one, but if it were possible to do this, it would certainly not be by means of subjecting the tender frame of a young child to exposure and fatigue and increasing functional distress, that such an end could be gained. I am no advocate for "coddling," but I have known no good to result from attempting to inure children to influences from which their surroundings at birth had happily exempted them. There can be no question that fresh air and free exercise are most necessary to the growing child, indeed so vitally important to the whole future of the man or woman do I consider these, as well as other points bearing upon the extension of the physical forces, that I cannot see without great

repugnance the present leaning towards early mental culture. I think that until a child be eight years old, and perhaps even older, that very slight efforts should be made in this direction. Of course there are vast individual differences, and these must be taken into account, but as a rule at such an early period it would be well that all learning and lessons should only take the form of a pleasure and not be forced upon the child very much. I do not say that *all* stimulus to the intellectual faculties is inadvisable, but that in young children the primary consideration should be to give full scope to the growth and strengthening of the bodily powers, while mental progress is relegated to a secondary place.

Free exercise may be allowed plentifully to children, in the open air or in warm well-ventilated rooms, as the state of the weather shall decide ; and the more unrestrained that their movements are allowed to be, from infancy upwards, so much the more likely are we to find proper development and graceful appearance in their growth. No nurse, by the way, ought to make efforts to teach her charges to walk ; they will learn readily enough of themselves when the proper time arrives, if allowed to crawl about as they like, and if they be somewhat backward in getting up on their feet their limbs will run less risk of growing unshapely.

Light—that is, sun-light—is of importance ; a child is all the more cheerful and healthy if it gets plenty of sunshine in its waking hours ; look at the blanched and sickly appearance of

the little denizens of our courts and alleys, in order to note the effects of the want of it. Light, however, from any source is to be avoided during the hours of sleep, which should be passed in a thoroughly darkened room.

A large amount of sleep is required by children : a young infant passes the greater part of its time asleep, if in health, but as it grows older the sleeping-time lessens by degrees in length. As an infant becomes more wakeful it may be well to accustom it to a couple of hours twice and then once in the day-time, up to perhaps four or five years of age. After that period day-sleeping is to be gradually overcome, and the nights' rest made to suffice. The length of time, which may be slept over at night by children up till ten or twelve years old is fully ten hours. I make a point of warning nurses not to rouse their charges in the morning, but to allow them to awake of themselves ; should they sleep late the only remedy is to get them to bed earlier at night. Children, if in health, are usually early wakers, and no good can arise from keeping them in bed after they have once fairly awoke ; the hour of going to bed at night can always be so adjusted as to accustom the child to awake naturally at a reasonable time in the morning. A disposition to wet the bed during the night, common enough in young children and manifesting itself at various ages, is to be checked by the avoidance of liquids and drinks in the after part of the day ; by waking the child once or twice during the night and allowing it to ease itself ;

and should these means fail in preventing the recurrence of the disagreeable habit, a small blister, or a succession of them, is to be applied to the back just upon the end of the spine.

Regularity of habits, of eating, drinking, sleeping, taking exercise, and in all other respects, is to be wisely and firmly inculcated. Kind and gentle treatment in managing children, with undeviating adherence to well-considered rules, will have its proper reward in rendering repression and punishment things unnecessary and unknown.

The commencement of teething may be looked for about the seventh month of infancy, and the first set of teeth may not have all cut through until about the end of the second year. There are, however, considerable differences among children both as to the time at which the milk-teeth first appear, the length of time occupied in cutting them, and the trouble experienced during the process. At about five years old, and at any time from that until seven years, the second or permanent teeth first begin to push out and take the place of the temporary ones. During the period of cutting the milk-teeth, there is always more or less irritation in the infants, and which is manifested in various ways. Under the most favourable circumstances this will be confined in extent to the gums and mouth, and may be relieved by giving to the child some such object as an ivory ring to suck and bite at. Not uncommonly, however, the irritation set up during

dentition reacts upon the whole system, causing much functional disturbance, such as restlessness, great fretfulness, slight fever, with disorder of the bowels and digestive organs. In many such cases there will be a cessation of the unpleasant symptoms as soon as the tooth or teeth that may be immediately presenting themselves have cut through the gum; and to aid them in doing so judicious lancing may sometimes be resorted to. When there is evident disorder of the bowels with costiveness as a prominent symptom, such a powder as FORMULA 6, will give the requisite relief; but if there should be diarrhœa, and this not depending on causes other than are arising from the dentitive irritation, no medicine need be administered, as the diarrhœa in such instances is to be considered salutary in itself and will probably cease with the appearance of the offending tooth. If however during the continuance of the diarrhœa, there should seem to be pain and tenderness in the belly, the application of a warm linseed-meal poultice upon it is to be recommended. When indigestion arises and there is vomiting or other symptoms of gastric irritability, I should advise a dose or two of FORMULA 30, as a safe carminative remedy. For soreness of the gums, especially if they have any tendency to ulcerate, there can be no better treatment than the application to them of a little borax and honey, which is obtainable at any druggist's.

The affections of the skin which may arise during this troublesome period, will be severally

recognized and found provided for under their separate headings in this book, as will also the symptoms and treatment to be adopted in cases of nervous disorder, convulsions, &c.

It must always be remembered that most children suffer considerably from the irritation consequent on teething, and that this may appear with many symptomatic differences, but especial care, attention to the diet and to the state of the bowels, with good nursing, are more to be depended on than the constant administration of medicines, or the too free use of the lancet. I would caution mothers—and I lay particular stress upon this point—against using or allowing their nurses to use any of the empirical preparations sold under various titles, as,—“soothing syrups”—“teething powders”—“infants’ cordials”—and the like; that their administration can confer any lasting benefit—whatever the vendors of them may say—is extremely doubtful, while it is equally certain that the use of such specifics has been often followed by grave and serious mischief.

I have now remarked upon all such points as it appeared necessary to me to notice, in the general management of young children, and I shall pass on to briefly consider the several diseases to which they are most liable. These I have classed under the names by which they will be most readily recognised in the nursery, and it has been my endeavour to give such descriptions as should enable mothers to

distinguish the differences of the various diseases, and to assure them as to when it was most necessary to have the personal attendance of the doctor, and when they might reasonably and safely assume his functions in themselves. The plain and simple medicines that I have proposed in each case, will be found alluded to by number and separately arranged in the concluding pages of this book. They can all be prepared by any chemist and druggist, to whom it will only be requisite to show the formula that is wanted, and to state the age of the patient for whom it is required.

WATER IN THE HEAD.

WATER IN THE HEAD, or DROPSY OF THE BRAIN as it is also called, is met with in children at various ages, and results from many different causes. It appears in children at birth as an inheritance from parents who are scrofulous or syphilitic, or who are habitual drunkards. Disease of one kind or other and accidents, such as a fall or blow on the head, are causes which may predispose to this malady.

In congenital cases the symptoms of Dropsy of the Brain are either manifest at birth or become so during the first six months. The child is observed to feed readily but yet not to thrive; its body has, or soon acquires, a wasted and emaciated appearance, and this is made more apparent by an increased size of head. The brow is round and prominent, while the eyeballs are protruded and roll much, having a downward direction. The intelligence is generally feeble, there is great and marked irritability, while a tendency to fits is often present; muscular weakness is always noticeable, and the head is seen drooping helplessly on the shoulders or pillow.

Once this disease has fastened upon a child, its recovery is rarely to be hoped for; a rapid decline will take place and the sufferer will at last be carried off in convulsions, or will fall into a heavy comatose condition from which it will never awake.

A tendency to the disease and where the

mischief has not actually commenced, is to be avoided by attentively following out such a system as I here set down. A nourishing diet with plenty of milk, salt-water baths of a morning, free exercise in pure air, preferably that of the sea-side, together with the administration of cod-liver oil, will be needed; all mental precocity is to be hindered, and education is best left entirely alone until all fear is past, and even then it should be attempted only in the gentlest and most gradual manner.

CONVULSIONS.

CONVULSIONS, or FITS, consist of sudden violent and involuntary contractions of the muscles of the whole body, or of some part of it, or of one limb or several. There is a distortion of the face, squinting, staring and insensibility to light, protrusion of the tongue and grinding of the teeth or gums; to these manifestations are usually added involuntary evacuation of the bowels and bladder and some difficulty of breathing; there may be but one fit or a succession of them. Convulsions are seldom fatal of themselves alone, and are so chiefly when appearing as a sequence of long-standing or serious disease. When these attacks occur in children and are unconnected with deep-seated malady, they are attributable to various tran-

sient causes; indigestion, worms in the bowels, and the irritation consequent on cutting the teeth, are among the most common; while a liability to them is not infrequent during the progress of disorders involving much constitutional disturbance. A sudden fright or shock may give rise to convulsive fits, and they have been known to follow the administration of those nostrums against whose use I have warned my readers in the paragraph devoted to "teething," and a caution which I take this opportunity of renewing.

It is evident, that on the occurrence of convulsions, the first thing that should be done is to endeavour to ascertain the direct cause of them, and if it be possible to remove it. The patient may be placed in a warm bath, or may have a footbath of warm water and mustard, while the head is sponged with cold water. A powder such as FORMULA 7 should be given, and if a continuance of the fits occurs, a blister is to be applied to the back of the neck. After the fit is over, there is usually a tendency to sleep, and this is to be encouraged in every way. The little patient must be put to bed in a cool well-aired room which is to be darkened and kept perfectly quiet, and the longer it sleeps there the better. Anything likely to irritate or excite the child in any way is at all times to be most carefully guarded against. In continued cases a change of air will be desirable, and the diet in all is to be light, no meat or stimulating food should be allowed.

SAINT VITUS'S DANCE.

THIS malady, which is known as "Chorea" among medical men and has also been called "Insanity of the Muscles," appears to have taken its popular name from traditional history. During the middle ages there existed shrines dedicated to a personage who bore the name of Saint Vitus, and it seems that it was the custom of the devotees of this saint to exercise themselves by long-continued dancing at his shrines. The excess to which they carried this practice was such, that their intellects became disordered, and they were afflicted with symptoms that were only to be alleviated by a continuance of the dancing that had at first excited them.

St. Vitus's Dance, as it is now known among us, appears without much premonitory sign. It is more commonly met with among girls than among boys, and will attack them oftenest between the ages of seven and fifteen. In many instances it is combined with, or is the outcome of, hysteria; it cannot always be traced to a definable cause, and is probably the effect of some hereditary peculiarity of constitution.

The symptoms are sudden involuntary spasms and contractions of the muscles, giving rise to strange jerking movements; they usually commence in the face and extend thence to the body and limbs, affecting one side more than the other, and in a greater or lesser degree. The sufferer is constantly rest-

less, unable to remain still, and this restlessness and irritability will be much aggravated if any-one is known to be watching. The appetite is irregular and the bowels occasionally disordered, but the general health is seldom otherwise affected.

To bring about recovery from this disorder, it will be necessary to have recourse to a plentiful and nutritious scale of diet; to keep the bowels regularly open, using castor oil or FORMULA 2 when necessary; to use the cold shower-bath; to allow of exercise in the pure air of the sea-side or the country; to permit gymnastic exercises, but not to the extent of inducing immoderate fatigue; to avoid all strain upon or anything tending to induce excitement of the mind, and to administer a tonic such as FORMULA 20.

COLD IN THE HEAD.

THERE are few English mothers—none at all I should think—who require to have described to them the symptoms of such a common complaint as ordinary “Catarrh,” or “Cold in the Head.” Moreover, since in this treacherous climate of ours we are all more or less subject to catarrh at one time or another, most mothers and nurses will have each their own particular “fad,” which they will use and extol as the best and only “cure for a cold.” Although it is

seldom thought necessary to consult the doctor about such an ordinary affair, I shall take leave to shortly offer my advice in this place.

It is always well to pay attention to a cold at its first beginning, and by doing so much distress and possible bad consequences may be averted. The exposure of infants—always to be avoided—is most especially to be guarded against when they are subject to any catarrh. Confinement to the house or to the room, where a warm and even temperature is kept up, is advisable. A dose of FORMULA 2 will be as well, given at bed-time, and a warm bath may be administered. If the cold does not readily disappear FORMULA 15 will be found to have beneficial effects. Should there be much “stuffiness” in the nose and heaviness about the eyes a warm fomentation on the forehead will be found to give sensible relief, and in this instance too the old plan of greasing the nose at bed-time with the end of a tallow candle is by no means to be despised; of course we may use some more pleasant-smelling application of the greasy kind if we are fastidious, but I remember an old nurse who told me “there’s a deal of virtue in the tallow candle.”

With ordinary care and some such simple treatment as the above a cold should disappear within a day or two.

SORE-THROAT AND QUINSY.

ORDINARY SORE-THROAT is, like simple colds, a complaint common enough, and is as a general thing the first result arising from the neglect of a cold. It manifests itself by smart feverishness, by redness, swelling and soreness in the throat and back part of the mouth, by difficulty of swallowing together with pain attending on the act of doing so, in the throat and shooting up towards the ears. Under favourable circumstances and with proper care the inflammation will run its course and disappear in a few days, merely leaving behind it some slight enlargement of the tonsils. The treatment to be adopted, beyond that which is to be resorted to in the cure of simple catarrh, is the administration of a mixture such as FORMULA 9, hot fomentations or linseed-meal poultice applied to the throat, and causing the patient to inhale the steam from a decoction of poppy-heads through the mouth.

In more violent and extended attacks of sore-throat there may be much aggravation of the pain and swelling; abscesses will form in the tonsils, and should they not readily yield to ordinary measures and burst of themselves these may require to be punctured by the surgeon. Poulticing and fomenting are to be steadily persevered with and after the abscesses shall have burst, the mixture FORMULA 11 should be given, or in the case of older children the lozenges FORMULA 10 may be used

instead. The embrocation, FORMULA 38, is also sometimes serviceable. This severer form of sore-throat is that which is known as "quinsy."

Children suffering from any of the diseases that are induced by exposure to cold, chills, or damp, are always to be most carefully guarded, and it should be remembered that one such attack will leave a greater predisposition to another in the child who has been subject to it.

BRONCHITIS AND COUGH.

THE bronchial tubes, which are the air-passages immediately leading from the lungs up to the throat, are the seat of the inflammation that is known as bronchitis. This has usually been preceded by catarrhal symptoms and its prominent signs are fever, a sense of chilliness in the body, a tightness in the chest, hurried and wheezy breathing, headache, weariness, sickness, severe and painful cough, with much spitting up of mucus and phlegm after the first day or two. It is important that this disease be not over-looked and treatment postponed, if it be desired to prevent it becoming a case for the doctor. A mustard plaster applied over the upper part of the chest *in the first instance* will often act like a charm and prevent any further trouble. The same care and general

treatment must be used as is advised in the preceding cases of catarrh and sore-throat, but it will be as well to confine the little patient to bed. The diet should be light but nourishing; no meat, but fresh fish plainly boiled and without sauce, chicken and mutton broths, and similar things may be given. The medicine that will be found of greatest service when the symptoms are distressful and urgent is FORMULA 12.

In chronic cases, and in instances of long-continued coughs arising from weakness and some local irritation in the throat or bronchial tubes, the cough-mixtures I have prescribed, for infants in the one case and for older children in the other, FORMULÆ 35 and 36, will be found useful.

INFLAMMATION OF THE LUNGS.

THERE are two diseases which come under this head, namely, "Pneumonia" and "Pleurisy," but the differences between them could not easily be distinguished by a non-professional reader, and therefore I shall speak of them as one; the symptoms and treatment of both, too, are so nearly alike, and both are so generally co-existent, that there will be no difficulty in my doing so.

Inflammation of the lungs is ushered in by general febrile disturbance. There is alternate

heat and cold of the skin, shivering-fits and fever; following this comes nausea, cough, pain in the side or beneath one or other of the shoulder-blades and which is increased by pressure or by lying upon the affected side; there is also distress and difficulty of breathing; a very rapid pulse possibly reaching one hundred and forty or fifty beats in the minute; burning heat of the skin, thirst, loss of appetite, anxiety and restlessness, headache, prostration and even sometimes delirium. Bronchitis is always present with inflammation of the lungs and indeed is usually the forerunner of it. The cause of the malady is most commonly neglect or aggravation of some of the slighter forms of disease arising from exposure to the effects of cold or damp, and acting upon a weakened or delicate frame; the intensity of the disorder will depend also upon the constitutional vigour or feebleness of the patient.

As soon as the opening symptoms of those above enumerated shall have made their appearance, the child must be put to bed and kept perfectly quiet; should the bowels not have been previously opened it will be advisable to give a dose of FORMULA 1. The air of the sick room is to be kept moist by allowing the steam from a kettle to circulate in it, and the temperature should be warm and equable, not being allowed to fall below 60° *Fahrenheit*. In ordinary cases such a medicine as FORMULA 12 is sufficient, but if the child be very feeble and the attack severe FORMULA 14 should be administered instead. Hot fomentations with

flannel cloths wrung out of decoction of poppy-heads will give relief if applied to that side where the pain is manifested; should the pain be very severe and be of a sharp shooting character, mustard poultices followed by linseed ones are to be applied. A cantharides blister is often advised in severe cases. Where the mustard-plaster is used it may be followed with a carrot poultice instead of a linseed one; this is made of large size and by mashing boiled carrots, and is to be applied whilst hot; great advantage is said to have been derived from its use. The diet should be of the character of that recommended in bronchitis, but if there be great weakness strong beef-tea and a little port wine may be added to it. In all cases free drinking of cold water may be allowed. When the crisis occurs, which will manifest itself by profuse sweating or by copious discharges of the bowels, care should be taken not to check it. During convalescence nourishing diet, change of air to some warm country place, and a simple tonic such as FORMULA 18 will be desirable.

In conclusion I would point out, that the manifold risks attaching to inflammation of the lungs in children, would make it advisable that the physician should be called in.

CROUP.

Of all the more dangerous diseases to which our little ones are liable to become subject, croup perhaps is of most frequent occurrence. Its attacks are commonly met with during the second and third years of childhood, and although the mortality among infants from this cause is great, yet if the mother be prepared by a knowledge of how to act in the emergency there will be but little reason to fear.

A predisposition to attacks of croup is undoubtedly encouraged by the prevailing fashion of dressing children. The custom of attiring them in costumes which leave bare the neck, arms or legs, cannot be too strongly deprecated; indeed it is a practice to which is due a large amount of the suffering and mortality from chest and throat affections among children. I most emphatically recommend mothers to clothe their children warmly and thoroughly, not to leave their limbs or necks uncovered, and to guard them well against the risks of exposure in so variable a climate as that of Great Britain. It is entirely wrong to suppose that a child if insufficiently clothed constantly will thus become gradually inured to the effects of cold, and it is also a mistake to think that proper wrapping up in inclement weather can make a child more delicate and susceptible than it would otherwise be.

The first symptoms of croup are those of "catarrh" or "cold" generally; slight fever, cough, hoarseness, drowsiness, suffusion of the eyes and running at the nose. In a day or two—sometimes in a few hours—an alteration takes place in the cough, which acquires a peculiar ringing or "brassy" sound, the breathing becomes hard and difficult and is attended by a characteristic ropy piping noise that is occasioned by spasm at the entrance of the air-passages, the back of the throat may be seen to be enlarged red and inflamed; these symptoms are always aggravated at night and appear less severe in the morning. Frequently the unusual character of the "cold" is first remarked by the child's awaking in the night coughing, croaking, breathing hard and appearing much distressed; it is found to be very feverish, drawing its breath with great difficulty and in short quick gasps, it suffers from thirst and exhaustion, showing considerable alarm and catching at the throat as though trying to remove something. Prompt attention and immediate treatment are evidently necessary.

The first thing to be done is to give an emetic, a dose of FORMULA 13 will best meet the case, this is to be repeated if necessary every ten minutes, and should be followed by draughts of lukewarm water until vomiting occurs. Hot fomentations are also to be applied to the throat; the best of way of doing so is to dip a sponge into water as hot as the hand will bear, to squeeze it half dry and to hold it to the throat for a minute, renewing

the process. Should this fail to give relief and if the skin be very hot, a warm bath is to be administered.

During the continuance of the disorder, which may be from four to ten days and is liable to recur for some time after, the little patient must be confined to bed in a warm room and kept well wrapped up in flannel; the air of the room may be advantageously moistened by steam. The diet should be stimulating but digestible, comprising such articles as strong beef-tea, milk and lime-water, cream, a raw egg and a little wine or brandy if the prostration be great. FORMULA 14 may be given regularly as long as any signs of croup remain, and change of air is the best tonic to complete recovery.

HOOPING COUGH.*

THIS most disagreeable disease is one which the greater number of children experience at one time or another. It is infectious but fortunately it is rarely known to attack the same child more than once. After the peculiar poison which is the cause of hooping-cough has infected or become generated in the system, there is a latent period of about a week. At

* This word "hooping" was formerly written "whooping" and probably expresses the same idea, if indeed the first is not a simple corruption of the latter. It is now generally spelt in the manner I have adopted.

the end of this time a slight fever begins to show itself, with some symptoms of cold such as "snuffling" and oppression of the chest; this stage continues for eight or ten days or possibly longer, and is sometimes accompanied by cough but not invariably. As the fever abates the second stage is commenced, when the cough becomes distressing and acquires its unmistakeable shrill sound or "hoop." Before the beginning of each attack of coughing, the child seems to have warning of its approach and manifests signs of anxiety and fear; then comes a series of powerful expiratory efforts or coughs, followed by the long-drawn inspiration that causes the characteristic crowing noise. Frequently these paroxysms are so violent as to occasion vomiting, but directly the attack is over the child regains its courage, appears well and returns to its amusements, while generally showing a desire for food. There is no rule for fixing the recurrence of these fits of coughing, they may only take place two or three times in the day, or as often in the hour. The duration of the disease is equally variable, some children recover from it in a fortnight, while others are subject to it for several months. It appears probable that those cases which occur in the autumn and winter are liable to be most troublesome.

The first object in treating this disorder is to keep it free from complication with any other complaint. The patient is to be warmly clothed—preferably in flannel—and to be confined to the house; it should have a light

nourishing diet and be allowed to drink freely of barley-water. When vomiting occurs with each paroxysm it is well to give food directly afterwards and this should be of a kind that is easily and quickly digestible. In the first stage such a medicine as FORMULA 12 may be given, but when the true whooping-cough is apparent FORMULA 16 is to be administered. As a tonic during convalescence there can be none better than FORMULA 19.

There is an old-fashioned remedy for chronic cases of this malady, and which is also said to be beneficial in croup, asthma and hay-asthma when they are long-continued and chronic. It consists in taking the little sufferers into gas-works, factories and other places where they will inhale the fumes of tar and pitch. I am inclined to think favourably of the idea, but prefer recommending the sea-side.

INFLUENZA.

INFLUENZA is an epidemic cold very prevalent at times in this country. The symptoms by which it is known, are heat and dryness of the skin, painful headache, snuffling and sneezing, sore-throat, hoarseness and cough, shortness of breath, pains in the back and limbs, disordered stomach, prostration, languor and dejection. It is distinguished from ordinary catarrh by the suddenness of its attack, by its

greater severity, and by the unusual prostration accompanying it.

The little patient should be kept in bed and dieted with slops, sago and rice with milk, arrowroot, beef-tea and so forth. An aperient powder such as FORMULA 1 or 2 will be needed at bed-time the first night of the attack, and possibly will have to be repeated, while the mixture FORMULA 12 should be given as a general medicine. Soreness of the throat or chest will call for a mustard-plaster, and a little wine, brandy, or strong beef-tea may be required if the exhaustion be excessive. Under such treatment influenza should happily disappear in a few days or a week.

HAY-ASTHMA.

THIS is a peculiar summer catarrh and which has received its name from the fact that it is occasioned by the scent of certain grasses and herbs. The patient has many or all the symptoms of aggravated catarrh, but with the symptoms of asthma and difficulty of breathing super-added. If unattended to, this complaint will continue in its course, often for many weeks. It can be best checked and a cure effected by removal of the patient to the sea-side, and by the administration of some anti-spasmodic remedy such as FORMULA 16.

DIPHTHERIA.

DIPHTHERIA may be described as an epidemic sore-throat of grave severity, due to a specific poisoning of the blood. It is very dangerous to life and where it does not end fatally leaves many unpleasant sequelæ behind it.

The malignancy of this disease and its terribly contagious character are widely known, and an example has been furnished very recently in the calamitous attack of the malady upon the Grand-Ducal family of Hesse-Darmstadt. I do not think it will be readily forgotten by any mother, how the Princess Alice of England fell a victim to it, contracting the contagion by the bed-side of her stricken children, for whom—regardless of her own danger—she had insisted upon performing those services and tender actions that spring from the purest fount of maternal solicitude.

Diphtheria sets in very gradually with feelings of depression and muscular debility, headache, nausea, looseness of the bowels, chilliness, drowsiness and stiff-neck rapidly changing into sore-throat. Then the tonsils become inflamed and swollen, the glands about the angles of the jaw get tender, while swallowing becomes extremely difficult and painful from the extension of the inflammation. The peculiar characteristic of this malady now appears. On the roof and back of the mouth and on the tonsils appear ash-coloured specks which rapidly enlarge into blotches of some size. As

the disorder intensifies, this false membrane increases in thickness and extends over the mucous surfaces of the lining of the throat and mouth ; it has somewhat the appearance of wet wash-leather or parchment. When this membranous growth begins to separate and decompose, the breath takes a foetid and disgusting odour, and it is probable that the thicker it is and the darker its colour, so much the greater is the danger to life. As these tissues come away the surfaces beneath may heal and the patient recover, or on the contrary, there may be gangrenous sores left and a fatal result.

Pending the arrival of the doctor, who ought to be summoned as early as possible, the child is to be kept warm in bed. Throughout the progress of the disorder much will depend upon good nursing, and upon supporting the system of the sufferer with such stimulants as strong beef-tea, port-wine, raw eggs beaten up with milk, and brandy, administered at frequent intervals. Should convalescence happily be attained, thorough change of air will be absolutely indispensable to complete recovery.

THRUSH AND INFLAMMATION OF THE MOUTH.

THRUSH is the simplest form of inflammation in the mouth and is oftenest incidental to infants. It consists of small white specks

which appear scattered over the tongue and lining membranes of the mouth. It is to be treated by the local application of borax and honey.

There is a somewhat similar disease which is less frequently seen, and which, though occasionally arising of itself, is not uncommonly consequent on measles or scarlatina. The child is noticed to have difficulty in sucking and swallowing, to "slobber" a good deal more than usual, while the glands about the jaw may seem somewhat swollen and tender. The child is also restless and feverish and has but little appetite, while sometimes the bowels are loose and the stools offensive. The inside of the mouth, the tongue and gums, are found to have upon them numbers of little sores and ulcerations, which are the cause of the distress. The treatment will consist in applying the borax and honey to the affected parts and in giving one or more doses of an alterative medicine such as FORMULA 6, or if the patient be three or four years old or upwards, FORMULA 4.

When inflammation fastens itself upon the gums in a more serious degree than has been already described, more extended treatment will be needed. In such a case, besides the symptoms of general disturbance above-mentioned, it will be seen that the gums are swollen, red or violet coloured, covered with a grey pulpy matter, and liable to bleed when touched with the finger. The breath will be offensive and the upper lip swollen. This disease must not be suffered to go on un-

checked or the ulceration may spread most disastrously. It can, however, be readily treated at home, as the medicine prescribed under FORMULA 11 has specific virtues in such cases; children who are of sufficient age may take the same medicine in the form of lozenges, FORMULA 10. This malady occurs for the most part in weakly and ill-nourished children, hence on the healing of the sores after the administration of the medicine just advised, it will generally be found well to give the patient a simple tonic such as FORMULA 19 for a few weeks.

M U M P S.

THIS complaint appears at first with a little feverishness and sickliness. The child is then affected by pain and swelling beneath one or both ears and behind the angles of the jaw. The swelling may be of greater or lesser extent, sometimes involving the whole cheek. It reaches its height in about four days after its commencement and then gradually subsides.

The malady is to be treated with hot fomentations and flannel wrappings over the affected parts. The bowels are to be kept open by means of one or more doses of FORMULA 1, and in aggravated cases the mixture, FORMULA 15, is beneficial. When the mouth is dry and gummy

in the mornings, a spoonful or two of the juice of a lemon squeezed into twice its quantity of water will be found a pleasant wash.

VOMITING, WEANING-BRASH AND INDIGESTION.

VOMITING in young infants may be natural or it may be the effect of a disordered stomach, and it will be necessary for mothers to notice the differences between the healthy and unhealthy states.

The digestive organs of a sucking child are so constituted that they will reject an overplus of food if it be taken into the stomach, whilst retaining the proper quantity. The milk is usually vomited in an unchanged condition, though it may sometimes be slightly curdled, and the infant will appear in no way disturbed but will preserve its placid and cheerful look even while the rejected milk is being thrown off. This vomiting is salutary, as otherwise the stomach would be overloaded and indigestion would be the result. When it occurs, common sense will teach the mother to diminish the quantity of milk that the child is allowed to take at one time.

Vomiting that is the result of disorder is accompanied by a pallid face, languor and evident discomfort. The child cries and ap-

pears uneasy; it sucks greedily, but soon after vomits the *whole* of what it has taken and this with every sign of discomposure; usually too, the vomit is much curdled and has an acid smell. If this alternate sucking and vomiting be allowed to continue unrelieved the child will become emaciated and exhausted, and perhaps some secondary symptoms may show themselves. It will be well to make sure that nothing in the health or habits of the mother or wet-nurse, which can affect the quality of the milk, be the cause of the sickness. Should the infant's bowels be confined an injection or enema of warm water or soap-and-water is advisable, the powder, FORMULA 6, should also be given, while the infant may be allowed to suck oftener but not to take much at a time.

The indigestion to which infants are liable while being weaned, and which is particularly known as Weaning-Brash, is not of infrequent occurrence. Pain in the bowels, purging with stools of a greenish colour, retching, vomiting and general uneasiness are the symptoms primarily apparent. Noticeable, too, are a settled look of discontent, a constant feverishness, and a continuous crying. The treatment consists in proper regulation of the food both in kind and in quantity, the illness usually arising from over-feeding or from giving food of an improper description. The powder, FORMULA 6, may be recommended in these cases, and where it fails in readily removing the distress it may be followed by a dose or two of FORMULA 30.

Throughout the whole period of childhood, indigestion is a disorder too commonly met with, as the result of injudicious feeding and the eating or drinking of matters that have disagreed with the stomach. Vomiting and nausea, purging, griping and belly-ache are the usual symptoms. These are to be relieved by the administration of FORMULA 4, and the diet is to be regulated and confined to plain and wholesome food. If necessary the powder may be followed up by a few doses of FORMULA 17.

I must again here urge upon mothers the impropriety of allowing children to partake of pastry, confectionery, unripe and bruised fruit, made and spiced dishes, tea and coffee, &c. Their diet should always be of the plainest and simplest kind, if their health is to be preserved. Children love sweets, let them then have plain sugar and sugar-candy in moderation, but deny to them all the tempting abominations of the confectioner's shop, for these are too entirely the ministrants of disease. Mothers should remember that these infantile maladies, so trivial as they seem, are frequently the seeds from which may spring an infinity of disorders during after life.

BILIOUSNESS AND COLIC.

UNDER this head there is but little to add to what has just been said of indigestion in children. Headache, nausea, giddiness, vomiting, purging, and griping pains in the belly are the usual signs of colic or "biliousness." The cause is generally to be found in some errors of diet, therefore attention is to be paid to this. Milk with sago, rice, tapioca, arrowroot, &c., will be found the best food for a time. FORMULA 1 may be given at once, and a dose or two on succeeding days of FORMULA 17. The little patient should not eat much, but may drink plentifully of cold water.

DIARRHŒA AND DYSENTERY.

DIARRHŒA is not to be confounded with the purging that frequently accompanies bilious attacks. In this case the little patient suffers considerable pain and distress, and is feverish, having a dry mouth and brown tongue. The first stools passed will be usually green in colour and offensive in smell, and these are followed by others of a thin and watery character, but numerous and copious. Perfect quiet in bed will be needed and all purgative medicines are to be avoided. Linseed poultices, or flannels dipped in a hot decoction of poppy-

heads may be applied over the belly if there be much pain, or a hot bath may be given. The diet should consist of milky and farma-
ceous preparations with some broth or beef-tea ; barley-water may be permitted as a drink instead of cold water. The medicine to be given will be one of the diarrhœa mixtures, FORMULA 31, 32, 33, or 34 ; generally speaking either of the first two, according to the age of the child ; the two latter are equally effective, but have been added to the list more from their adaptability to the requirements of persons who would find it needful to keep them in quantity ready prepared for use at any time.

Dysentery is not always very easily distinguishable from diarrhœa. It is principally characterised by incessant and prolonged impulse to go to stool, by evacuations small in quantity, and by the passage of blood mingled with mucus. The same treatment is to be adopted as that just advised, but in this case, and in that of continued and excessively troublesome diarrhœa, FORMULA 29 is to be administered instead of other medicines.

CONSTIPATION.

THIS complaint will most frequently be found existing together with other symptoms, and being itself but the sign of one or other of the disorders elsewhere spoken of. When, how-

ever, costivity appears troublesome though not attended by other distress, FORMULA 3 may be given to remove it, and this may be followed for a few days by doses of FORMULA 17, to promote free action of the bowels.

W O R M S.

THE signs indicating the presence of worms in the intestines, are, depravity of appetite—sometimes nausea and disgust at food, sometimes undue voracity alternately,—thirst, disturbed sleep with grinding of the teeth, moroseness and low spirits, pallid countenance, foetid breath, swelled belly and emaciated limbs; there is great irritation about the fundament, and continual itching of the nose causing the child to be constantly picking at it. The motions must be examined to ascertain if any worms are passed, and if so of what kind they are. There are the round-worms, in appearance like white earth-worms, the tape-worms, and the thread-worms; the appearance of these last two being described by their names. The passage of worms or portions of them with the stools is the most conclusive sign of their presence in the intestines being the cause of the above-mentioned symptoms; moreover it is necessary to know what kind of worm is present in order to prescribe the proper remedy.

In all cases the treatment should be as fol-

lows. The patient should fast for a day, being allowed a little beef-tea and broth only, and taking a dose of castor oil or Seidlitz powder morning and night. The next morning a dose must be given of FORMULA 28 should tape-worm be the cause of distress, or of FORMULA 8 in the case of thread-worm or round-worm. This is again to be followed in two or three hours time by a purgative dose of castor oil or Seidlitz powder, which will bring away the worms ; in the latter instance it is occasionally necessary to repeat the dose of FORMULA 8. Afterwards the little patients should invariably have their food well-cooked and be urged to take plenty of salt at their meals. A tonic such as FORMULA 25 is also advisable for a week or two.

Worms in the intestines of young children are sometimes the cause of convulsions or St. Vitus's Dance.

KING'S EVIL AND RICKETS.

THIS hereditary complaint or unhealthy habit of body, called also "scrofula" and "struma," is unfortunately but too well known. It gained its popular name from the superstitious fancy of former times that it was curable by the touch of royalty. Children affected by this taint are liable to become subject to consumption, are liable to various complications when suffering from other maladies, and may be attacked by

ulcers, abscesses, or glandular affections. These are the peculiar outcome of scrofula; the abscesses are sluggish but run deep, and the ulcers commit great ravages upon the parts they attack. The glands in the neck and below the jaw, as well as in other parts of the body, are the common seat of enlargement and slow inflammation. In advanced cases the surgeon's knife, caustic, and iodine paint, may have to be resorted to; but the general cure and alleviation of scrofula is only to be obtained by radically constitutional treatment. A very nourishing diet, sea-air, proper exercise, cod-liver oil and FORMULA 24 are the remedial agents we must look to.

Rickets appears mostly in scrofulous children, though it may occur from a want of proper nutrition in others not actually of the strumous habit. It becomes manifest during the second year of infancy, when various malformations of the limbs and body become apparent, and are due to the continuing softness of the bones.

Children subject to this complaint are to be treated to the same generous diet and mode of life prescribed in scrofula, and further, will be directly benefited in the hardening and proper development of their bones, if the phosphatic syrup, FORMULA 24, be perseveringly administered.

CONSUMPTION IN CHILDREN.

TABES MESENTERICA is the special name of that form of consumption which attacks children, and is one of the diseases that depend upon the taint of scrofula. The malady has its seat in certain glands in the belly called "mesenteries," and from thence it spreads to cause a wasting away and gradual decline of the whole body. The most melancholy feature of this consumption is, that those little ones whom it singles out for its victims, are precisely the ones whose unusual intelligence, development of mind, and endearing ways, combine to render them the general favourites. It is sometimes the painful experience of the physician, to see the taint of scrofula or the seeds of tabes mesenterica, lurking in children of particularly pleasing disposition, precocity, and graceful delicacy of form and feature. Among the warm-hearted Irish peasantry, mesenteric disease is rife, and the little sufferers from it are spoken of as "fairy-struck." The uncommon brightness and winning manners of these children, and the gradual and mysterious fading away that affects them, have caused the simple people to form strange fancies regarding them. They imagine that these little ones—the choicest flowers and the fondest loved of their families—are objects of envy to the "good folk" or fairies; and that these beings gradually "charm" away the lives of such children, and so transport them to fairy-land. It is a poetic thought, and one

which has found fitting expression in Moore's pathetic ballad—"The Fairy Boy."

The prominent symptoms of *tabes mesenterica*, are:—pain in the bowels, more or less constant and severe, and causing the patient to draw up the legs in order to obtain relief; deep redness of the lips, sometimes with fissures in them; small ulcers at the angles of the mouth; variable and unhealthy state of the bowels; the belly swollen and tense, while the rest of the body is thin and wasted; a pallid face; general debility and increasing weakness. Recovery can only be hoped for when treatment is commenced at an early stage, and even when taken at once, progress towards convalescence will be slow and require unremitting care.

Proper nourishment is mainly to be depended upon. Goats' and asses' milk, farinaceous preparations, calves'-foot jelly, port wine and beef-tea, are needed. Cod-liver oil is often serviceable, but a preferable medicine is FORMULA 23, and occasional doses of ordinary grey powder. If the stomach is irritable and there be slight diarrhœa, milk and lime-water may be given, or a dose of FORMULA 5. The patient is to be warmly clothed and to wear a flannel bandage round the body. Sea-side air is always to be obtained for the sufferer.

Although all that could be recommended in a general way has been shortly set forth here, yet, as much may depend on the individual peculiarities or complications in each case, I must conclude by strongly advising mothers to have immediate recourse to their physician,

should they unhappily see reason to suspect the insidious approach of *tabes mesenterica* in their children.

SIMPLE FEVER.

FEVER will sometimes occur unconnected with other disorders, and having a variable duration of from one to ten days. The child is seized with feelings of weariness, nausea, chilliness, and with pains in the back and limbs. In a few hours there is great heat of skin, headache, rapid pulse, and thirst, while the bowels are confined; slight delirium may ensue at night when the symptoms are most urgent. A burst of perspiration or of diarrhœa indicates the crisis of the disorder, after which slow convalescence is usual. Should no other symptoms arise and nothing occur to complicate it, simple fever may be sufficiently treated by the mother and nurse.

The child is to be kept perfectly quiet in bed, and to be put on low diet; small doses of the effervescing Citrate of Magnesia may be given every three or four hours. If the fever continues and there be much appearance of exhaustion, the system should be supported with strong beef-tea, port wine and arrowroot. FORMULA 15 is a useful medicine in such a case, and in convalescence FORMULA 19 is the best tonic.

REMITTENT FEVER.

REMITTENT FEVER is infectious and occurs in epidemics, usually arising from miasmatic influences, and being induced during periods of destitution and famine. Children are especially liable to it, and it has at times caused great mortality among them. The attack commences abruptly; usually towards night, with fits of shivering, headache, and muscular pains. Very soon feverish excitement succeeds, the skin becomes very hot, there is a shrinking from light and an irritability in regard to sound, the tongue is white and furred, and the pulse rapid; the sufferer complains of thirst and of pain in the belly; sometimes there is vomiting of a yellow-coloured sour-smelling fluid. During the night the fever is aggravated, and greater irritability, sleeplessness, and distress are the result. Increasing feebleness follows the progress of the disorder, which is attended by constipation and by a scanty flow of urine that deposits a white sediment on standing. In the mornings and during the day-time there is an abatement of the febrile symptoms, though not an entire cessation of them. This remission lasts for from six to twelve hours, after which the disorder resumes its intensity, being preceded by rigors or shivering-fits. These alternative conditions of the malady have a course of fourteen or fifteen days, when, in favourable cases, there occurs an attack of sweating, recovery rapidly following. In less fortunate cases, and which

may have been neglected or improperly treated, there is no critical perspiration, but a merging of the complaint into low fever that is of long continuance.

Rest in bed with perfect quiet is the first necessity of treatment. The diet should consist of milky and farinaceous preparations, and in advanced stages where there is prostration, beef-tea, port wine and raw eggs may be added. At the commencement of the fever FORMULA 3 is to be given, and may be followed the next day or two with occasional small doses of the effervescing Citrate of Magnesia. During the progress of the fever FORMULA 25 will be required, and in convalescence FORMULA 19 as a tonic. A febrifuge may be made by dissolving a teaspoonful of cream of tartar and the juice of two lemons in a quart of boiling water; of this when cold the patient may drink freely to assuage the feverish thirst.

I have found remittent fever, alone and combined with low fever, very prevalent in the more crowded parts of London; the autumn and early winter being the time at which it most abounds. I think that in cases of grave aspect a visit from the doctor will be preferable to absolute reliance on home management. I may mention that we are informed that fevers of this type prevail extensively in the island of Cyprus, Great Britain's latest acquisition.

TYPHOID FEVER.

TYPHOID FEVER is an infectious and contagious disorder most prevalent in autumn. It is generated by the gases escaping from putrifying animal matter, from drains and sewers, and by the use of impure drinking water. It is not confined either to rich or poor and attacks young people more especially. Once recognised, the name alone carries with it a dread that will cause the friends of the sufferer to resort quickly to their medical man; I shall therefore confine myself to detailing the earlier symptoms, in order to help them in so doing. Typhus fever is hardly distinguishable from typhoid to inexperienced comprehensions and is less frequently met with among children, so it will not be needful to speak of it separately in this work.

The malady commences very slowly and insidiously, the little sufferer feeling languid and uneasy, though unable to define its sensations. In a day or two and by degrees, headache, thirst, loss of appetite, pains in the limbs, and intolerance of light and noise become evident; these are succeeded by weakness, quickening pulse, and a tendency to diarrhœa and sickness. At night there is great restlessness, heat, and augmenting thirst; the face is languid and pale or flushed on the cheeks, the tongue is dry and brown, and there is tenderness in the belly. These symptoms gradually become aggravated during a period of from ten days to a fortnight,

when an eruption usually appears on the chest and belly. This consists of small round rose-coloured spots, which temporarily disappear if pressed, and which fade away in a day or two and are replaced by fresh ones. At this period of the disorder there may be delirium, convulsive spasms, hiccough, deafness, bleeding at the nose, muscular pains, and great debility. There is gurgling and much suffering from wind in the belly and the patient may pass blood with the stools. The most frequent complications of typhoid fever, are pneumonia and congestion of the lungs.

During the fever it will be well to constantly examine the patient for bed-sores, and should any tendency to them be discovered, it must at once be brought to the knowledge of the medical man in attendance. This is a strong point in careful nursing, and equally applies to all continued fevers.

VACCINATION AND SMALL-POX.

AS VACCINATION has of late been wisely rendered compulsory for all infants in the United Kingdom, and as for years past all the wiser and better-informed of the community have of themselves resorted to the practice, the prevalence of small-pox has been immensely diminished thereby in this country. Although the liability to the contagion of this disease is now so small,

it might not be well for me to pass it over entirely, but I shall content myself to merely detailing the signs that herald its first appearance.

Small-pox commences in a similar manner to the other eruptive fevers, with lassitude, headache, vomiting, muscular pains in the back, shivering or heat of skin. The severity of these early symptoms, or their mildness, will prognosticate the urgency or otherwise of the approaching malady. On the third day of the fever spots appear, first on the face, next on the wrists, then on the trunk, and lastly on the legs. The spots are easily distinguishable from those of measles or chicken-pox, as they come singly at first and are well defined, closely resembling the red pimples called acne-spots that come about the mouths and chins of children, boys, and youths. The breaking out of such spots on the face on the *third* day of a fever, is sufficient evidence of small-pox on which to summon the physician.

In passing on to speak of vaccination, I may mention that there are a few perverse and criminally foolish persons, who have banded themselves together to resist the practice of this wonderful safeguard against a very terrible disease. Not even the blindest ignorance or most doltish stupidity, can excuse the fault of those parents who would seek to deny to their children the practice of so simple a means of evading the sufferings to be endured from the malignant pestilence of small-pox. But I do not think I am addressing any such, so I will

merely add that vaccination affords—especially to children—an almost entire immunity from risk of incurring the infection of small-pox. In the very few and rare cases that have occurred of this complaint in previously vaccinated patients, the disease has assumed so mild and mitigated a type as to oblige medical men to give it a distinctive name.

When undergoing vaccination there is so little disturbance of the system in young children, that no directions as to treatment are necessary; should a cooling powder be required, I would recommend FORMULA 6, this is the most that is likely to be wanted in any case. It is considered well to renew vaccination after a lapse of eight or ten years.

CHICKEN-POX.

THIS complaint is peculiar to infants and young children, and is one which is usually of a trifling nature. It rarely needs any other attention than that which can be bestowed upon it by the careful mother or nurse. There is a little feverishness and restlessness noticeable in the child for three or four days, after which a rash of small red pimples appears upon the shoulders and back. On the second day of their breaking out, these pimples become little watery blebs, each surrounded by a pinky ring, and about the fourth day they begin to scab.

The eruption may occasionally extend to the scalp and other parts of the body.

The little patient should be fed with light nourishing slops, and these in limited quantity. If the bowels are at all irregular a dose or two of FORMULA 2 may be given; while during the progress of the malady FORMULA 15 is best administered. The ailment is both infectious and contagious, and has a course of six to eight days. Care is to be taken to keep the patient out of situations where it would be liable to catch cold, but there is no necessity to confine it to bed.

MEASLES.

MEASLES commences with a weary and heavy feeling, headache, fever, and shivering. There is all the appearance of a severe catarrh—eyes swollen, suffused and intolerant of light, sneezing, dry cough, hoarseness and difficulty of breathing, drowsiness, hot and dry skin, and hard quick pulse. The time of incubation, between the first taking of infection and appearance of the rash, is from seven to fifteen days. The rash appears on the fourth day of illness or sometimes later. It consists of small circular dots like flea-bites which gradually run together into blotches of a raspberry colour and often of a horse-shoe shape, and that are raised slightly on the skin. The face is the part first

attacked, and the eruption spreads downward from thence, beginning to fade and disappear on the seventh day, but leaving behind it a scurfy and scaling skin which itches very much. Exposure to a cold draught or chill will drive back the rash, and is therefore to be guarded against. Diarrhœa follows the disappearance of the eruption and ought not to be checked.

Measles is not so much to be feared for itself, as for the complications that arise with it, and the affections it leaves behind it; hence I would generally advise that the physician be summoned, unless the case be a very mild one. The disease is very infectious and contagious, and does not *invariably* confine its attacks to our little ones although most prevalent in infancy. A singular case occurred in my practice, where a father and mother both suffered from measles on six several occasions, on each of which they took the infection from one of their own children. But such an instance is very rare, and though only remarkable as a curiosity in practice, it yet tends to show that precautions against the risk of contagion are always advisable.

The principal feature of the treatment, is to avoid all possibility of exposure to cold. The patient is to be confined to bed in a warm room, and is to be dieted with milky and farinaceous food, with barley-water and similar drinks. At the commencement, an aperient such as FORMULA 2 will be generally needed, and afterwards FORMULA 9 is the medicine to be used. When the eyes are sore and much

affected, as is frequently the case, fomenting them with a decoction of poppy-heads will give relief. Difficulty of breathing will be eased by applying hot linseed poultices on the chest, changing them every three or four hours. In convalescence, FORMULA 19 is a good tonic.

SCARLATINA.

SCARLATINA and SCARLET FEVER are one and the same thing, although it is a popular error to suppose that they are distinct diseases, or different in type. Of this disease there are several varieties, but it will be sufficient here for me to speak of it in its milder and severer forms. For the first case I shall give the mode of treatment that may be adopted, though I do not advise that even the mildest attack should be treated without the presence of the physician, as the consequences that may result from scarlatina are serious.

Scarlatina of a mitigated type begins with languor, headache, general uneasiness and fever. On the second day a well-marked eruption shows itself, first on the face and neck, afterwards on the body and limbs. It comes out in the form of numberless small points of a bright scarlet colour, and these become diffused about the body in irregular patches. On the hands and limbs, the loins, and underneath the joints, the skin becomes a

uniform bright red. The rash continues, often in successive crops over the whole body, until about the fifth day, when it begins to subside, the skin peeling off in large scurfy flakes. There is some inflammation and soreness about the throat and mouth, and this is the point that requires most attention; where the sore-throat is at all marked or inclined to be severe, the physician should at once be summoned. As the rash disappears the fever will abate, and the disease terminate in eight or nine days, leaving the patient very weak.

The treatment consists in confining the sufferer to bed, allowing a milky and farinaceous diet with beef-tea, taking especial care to ensure warmth and to guard against chills. An opening medicine, FORMULA 2, at the first is advisable, and during the fever FORMULA 11 is to be given. In convalescence FORMULA 18 is the best tonic.

The more aggravated form of scarlatina commences in the same way as the milder, but with greater severity of symptoms; these are general uneasiness, lassitude, depression, aching in the back and limbs, shivering fits, loss of appetite, and thirst. Following on these come stiffness and pain in the throat, difficulty and pain in swallowing, heat of skin, quick and full pulse, sometimes nausea and vomiting, usually pain in the loins, headache, and drowsiness or sleeplessness. Where the fever runs high at its commencement there may be delirium, and sometimes convulsions if the patient be an infant that is teething. The face is

congested, swollen, and red; the eyes are bloodshot and sensitive to light; the back of the throat and mouth become puffy, red, and inflamed, and the tonsils enlarge; the tongue is red at the edges and foul in the centre; the fever tends to increase, the skin being hot and florid, the thirst intense, and the pulse very quick; the bowels are generally confined, the urine scanty, high-coloured, and frequently voided. After these symptoms have continued for from one day to six the eruption shows itself. Such a case as the last admits of no delay on the mother's part in procuring proper medical attendance.

AFFECTIONS OF THE SKIN.

IN all independent disorders of the skin, the following general directions may well be followed. The diet should be nourishing and in sufficient quantity, and may consist of all simple and wholesome articles. Bread-and-milk, oatmeal porridge, bread-and-butter, eggs, —always *lightly* boiled; roast beef and mutton, or chicken and rabbit, fresh fish, potatoes and other vegetables, milk-puddings, suet-puddings, beef-tea and broth with rice, barley or maize; these and such-like plain things are best suited for children's fare at all times. The things to be interdicted to sufferers from skin affections, and with few exceptions they are at all times unsuited for children, are—tea, coffee, beer

and stimulants, pastry, sweetmeats, bacon, salt meat and fish, pork, veal, and game, with all pickles, sauces, seasonings and condiments.

The dress should be of such material and be so adjusted as to avoid chafing any affected part. Washing should be done with warm soft water, using a soft towel, and resorting to oatmeal or starch instead of soap where the eruption is irritable. To cleanse the scalp there is nothing better than the yolk of an egg and warm water, though soap is in some cases advisable.

Generally speaking, it will be necessary to remove morbid matters from the system upon whose presence the skin-disease depends, and to restore the tone of the general health; for this purpose internal remedies are prescribed when requisite, and as a general thing FORMULA 37 may be used as a laxative opening medicine. Local remedies, lotions, baths, ointments, &c., will assist the radical cure of the disease, while in the parasitic affections they are usually all-sufficient.

Should the skin of a nursing woman become affected, she ought to lose no time in weaning the infant or in finding another nurse for it.

I shall now notice separately the skin-affections to which children are liable, in so far as they can be brought within the scope of this work.

RED-GUM is the earliest eruption that usually affects infants. It is frequently seen a day or two after birth, and at various times during the first year of infancy. It is an

eruption of minute hard slightly-red pimples, attended with itching, and located upon one part or the whole of the body. No particular treatment is necessary. Tepid baths, a dose of the Citrate of Magnesia* if the bowels are confined, and a touch of glycerine on any irritable part, are sufficient.

ROSE RASH or FALSE MEASLES is a non-contagious inflammation of the skin, characterized by small irregular patches of redness on the surface of the body, at first of a bright colour, but becoming rosy and fading in the course of a week. It mostly affects children during teething, but is said to be occasionally epidemic in summer. A trifling amount of feverishness may accompany the rash, but no further treatment is requisite than that recommended in Red-gum.

NETTLE-RASH appears in long prominent wheals, red or white in colour, irregular in outline, and subject to intense heat, tingling, and itching. It either runs a short rapid course, or is continuous for a length of time. The affection usually is due to disturbance of the stomach and bowels, attention is therefore to be directed to them. The Citrate of Magnesia, or FORMULA 4, with adherence to the simplest diet will generally prove curative. Local susceptibility may be alleviated by warm baths, and by the lotion, FORMULA 40.

* The Granulated Effervescing Citrate of Magnesia, procurable from all chemists and druggists.

TETTER in its simplest form calls for no more treatment than the foregoing. It is a transient non-contagious rash of small watery pimples clustered upon inflamed patches of irregular size and form, and its duration is for two or three weeks. It may occur upon any part of the body, and is sometimes seen in the form of a band encircling one side of the loins; this variety is known as "The Shingles." A more aggravated form of the complaint is called "Running Scall;" in this the vesicles run together and break, forming large moist excoriations, and causing much distress, besides being very obstinate and difficult to get rid of. In commencing treatment the child should be thoroughly purged with FORMULA 4; after this FORMULA 26 may be given regularly. A plain diet is to be rigidly enforced; while warm baths may be frequently used, and the sores dressed with the Benzoated Oxide of Zinc ointment.

There are eruptions of similar appearance to Tetter that are known by a variety of names; when the vesicles or blebs are of large size—an inch or two in diameter—these are called "Bullæ." The treatment is in all identical; in long-continued and obstinate cases, however, I would advise the removal of a patient to some locality where pure air is obtainable, the adoption of a generous diet, and a change of medicine to the tonic FORMULA 19.

IMPETIGO is a somewhat severe eruption of pustules which occur in clusters; these

when they break discharge a yellowish matter, that dries and forms into a crust or scab, and from beneath which scab the discharge of matter is kept up. As the crusts fall off they leave behind a raw surface that is very sore and irritable. Sometimes the face and head is affected, and the crust formed on it covers it like a mask. The disease has been called "Crusted Scall."

I recommend a diet of light nourishing food freely supplied, and barley-water, acidulated with the juice of a lemon to each pint of it, as a frequent drink. The patient should be kept quiet, and the bowels kept regularly open with Citrate of Magnesia or FORMULA 4. The medicine most useful in this disorder is FORMULA 27. Baths are of great service, and the vapour-bath in especial. The sores may be dressed with Benzoated Oxide of Zinc ointment.

RINGWORM or SCALLED-HEAD is a contagious disorder affecting the scalp. It is due to a kind of vegetable parasitic growth within and among the hairs, which causes the hair to lose its colour, to become brittle, and to fall off, usually in round patches. In some cases there is a scaly and scabby eruption with irritability of the affected skin, or a crust forms among the hair somewhat resembling honeycomb. Besides proper attention to the general health, it is advisable to use the lotion, FORMULA 39, and to endeavour to cleanse the scalp as effectually as possibly, sponging with warm water and yolk of egg, poulticing the scabby

incrustations, and removing the diseased hair with scissors and tweezers.

THE ITCH is a disease causing intolerable irritation, which is aggravated by warmth. It begins as an eruption of pimples, usually situated in the flexures of the joints, often between the fingers on the back of the hand, but liable to occur on almost any part. The constant creeping and itching sensations in the parts affected, causes the child to be continually scratching them, and hence excoriations are produced. The itch is caused by an insect that burrows beneath the skin, and is of course communicable. Fortunately the cure is very simple; FORMULA 47 is to be freely rubbed on all affected parts, cleanliness to be assured by thorough washing with soft-soap, warm sulphur baths to be taken where they are obtainable, and all wearing-apparel, blankets, &c., to be well fumigated with burning sulphur.

DANDRIF is a chronic skin affection characterised by redness, itching, and inflammation, and by the formation of quantities of small white scales or "scurf." It may be located upon any part of the body, though most frequently attacking the scalp. Every means is to be practised for obtaining cleanliness, while FORMULA 40 will be found a serviceable lotion. Where the scalp is particularly affected, it is best to cut the hair close to the skin, and to wash the head twice or thrice daily with warm water in which bran has been

boiled, afterwards rubbing in glycerine or the lotion. The bowels should be urged to act freely by an occasional dose of Citrate of Magnesia, of FORMULA 2, or of the confection, FORMULA 37.

BOILS are circumscribed hard tumours, coming one or more at a time on different parts of the body, the back of the neck, the shoulder and elbow being favourite situations. They are to be induced to come to a head and burst by means of hot fomentations and poultices. When a child is subject to a constant succession of boils, change of air and of diet will be called for, and FORMULA 26 should be given. I have known a disposition to boils entirely disappear under the administration of German yeast, of which half-a-teaspoonful thrice daily may be given to a child over three years old.

ACNE is an eruption of hard red pimples, occasionally coming to a head and seeming like little boils. The spots appear on various parts but usually about the mouth and chin; though affecting children of both sexes and at all ages, these pimples are most frequently seen on the faces of boys from ten years old and upwards. They arise more or less from dirt, hence frequent washing with soap and soda will be desirable. The diet should be looked to, and the bowels regulated.

WHITLOW is an abscess or "gathering"

below the finger-nail, and must be poulticed, and if needful punctured, to allow the collected matter to escape. If it be tardy in healing it should be touched with lunar caustic.

CHILBLAINS are inflamed and irritable swellings on the hands and feet, that are caused by cold and the too rapid renewal of warmth at the fire. They have three stages—simple inflammation; breaking; and ulceration. Ill-nourished children, or those having a feeble circulation, or who are scrofulous, are especially liable to them, and in these the constitution will require strengthening with good food, cod-liver oil, and tonics. The best application for chilblains and also for “chapped hands” is the cream, FORMULA 41, where simple glycerine is insufficient. Where chilblains degenerate into the third or ulcerative stage, poulticing will be necessary, and touching with lunar caustic. Children having a tendency to these affections should wear woollen stockings and gloves, thick and warm, but not of rough or coarse texture.

BURNS AND SCALDS should be dressed with FORMULA 42 freely applied on cotton wool. Blisters and blebs may be pricked but not otherwise interfered with. Scabs are to be suffered to remain until they come away of themselves; and the patient must be prevented from picking at the sores. If the burns are very severe there may be some depression arising from the shock to the system; in such

a case a little port wine, strong beef-tea, raw eggs and milk, may be needful.

EAR AFFECTIONS.

RUNNING FROM THE EAR occurs frequently in young children, especially at the period of teething, and often follows as a consequence of measles or scarlatina. It is to be treated by daily syringing the ear, gently, with lukewarm water, by dropping glycerine into the ear once a day, and by plugging it with cotton wool dipped in glycerine.

Deafness and noises in the ear are not infrequently caused by the accumulation of lumps of "wax" in the organ. This may be removed by careful syringing with warm water.

EYE AFFECTIONS.

A FORM of inflammation sometimes occurs in newly-born infants. The eyes are closed, the lids adhere, and there is a slight discharge from beneath them. This may indicate defective nourishment, and it will be well to find a wet-nurse or to have recourse to the feeding-bottle, while the bowels are opened with FORMULA 2, and the eyes freely sponged with tepid water.

In older children there is the simple form of inflammation, generally resulting from cold, where the eyes are inflamed and suffused, and are often very sore and painful. Fomenting with a warm decoction of poppy-heads will give relief in such cases. There is also the case of swelling and irritation of the eye-lids and the formation of little boils or "styes" upon them. These may also be fomented, and occasionally poulticed. In all active inflammation of the eyes it is advisable to bathe them with tepid water, and after the subsidence of the more angry symptoms to use the collyrium, FORMULA 43, a drop or two of which may be dropped into the eye twice or thrice daily. Where the eyes are glued up in the morning, a little of the ointment, FORMULA 44, is to be applied to the edges of the eyelids over-night. Weak eyes may be greatly strengthened by bathing with cold water regularly and often, but this should not be done in the presence of actual inflammation.

There is a variety of eye-inflammation occurring in scrofulous children which needs special remark. The symptoms it presents are, slight redness of the eyes and eyelids with the appearance of minute pustules or ulcers on the eye-ball, both eyes being usually attacked together. There is a copious flow of tears and much irritation in the nose; the patient avoids the light and is subject to continual involuntary winking; the lips swell, eruptions appear behind the ears, and the bowels are disordered. These cases are tedious, lasting eight or ten

weeks or longer, and they require that every attention should be paid to the general health. The medicine that is called for is FORMULA 23, and an occasional dose of FORMULA 4 to regulate the bowels; a green shade should be worn over the eyes, and these are to be frequently fomented.

The radical cause of most affections of the eyes and ears lies frequently in the general constitution. Care and attention to the general health is therefore always necessary.

Inversion, or growing in of the eye-lashes, and other diseases and accidents to which children's eyes are liable, are such as cannot be brought within the scope of this work, and require the personal supervision of the surgeon.

FORMULÆ.

THE following prescriptions are written as they are to be severally compounded by the chemist and druggist, when required.

The system adopted with regard to the proper dose of each formula that is not specially provided for, is, that the maximum dose annexed to each shall be that for a child of eight years old, while the table opposite shall explain the proportions in which that dose ought to be lessened or increased to suit differences of age.

All the draughts and mixtures therefore—except such as have special notices attached to them—may be given in doses of one table-spoonful to a child of eight, and of one tea-spoonful to an infant one year old; other ages are to be provided for by reference to the table.

In the same way the powders are divisible, a given proportion of each, as will be seen in the table, being the proper amount of it at different years, while the whole is the dose required by a child of eight years old or more.

With these directions and with the assistance of the table, any pharmacist making up one of these formulæ will be able to adjust the dose of it according to the age of the patient for whom it is needed.

TABLE OF DOSES.

AGE.	DOSE OF THE MIXTURES.
Below six months	Half a teaspoonful.
At six months and up to one year	Three-quarters of a teaspoonful.
At one year and up to two years ..	ONE TEASPOONFUL.
At two years and up to four years	One teaspoonful and a half.
At four years and up to five years	Two teaspoonfuls.
At five years and up to six years ..	Two teaspoonfuls and a half.
At six years and up to seven years	Three teaspoonfuls.
At seven years and up to eight years	Three teaspoonfuls and a half.
At eight years and up to ten years	ONE TABLESPOONFUL.
At ten years and over	Increasing the dose by half a teaspoonful for every two years up to sixteen, when the dose will be one tablespoonful and a half.
AGE.	DOSE OF THE POWDERS.
Below one year	One-sixth part.
At one year and up to two years ..	One-fourth part.
At two years and up to four years	One-third part.
At four years and up to six years	One-half.
At six years and up to eight years	Three-quarters.
At eight years and upwards.. ..	The entire powder.

The above division of doses is based upon the posological table of the Guy's Hospital Pharmacopeia, and to suit the following formulæ.

POW D E R S .

FORMULA 1.

R̄. Pulveris Jalapæ, gr. vj; Calomelanos, gr. iss; Pulveris Zingiberis, gr. ij; Mix. One-sixth part for an infant.*

A strong purgative, most suitable for elder children.

FORMULA 2.

R̄. Pulveris Scammonii Compositæ, gr. vj. One-sixth part for an infant.* Best given in a spoonful of milk.

A very good aperient for infants and young children.

FORMULA 3.

R̄. Pulveris Scammonii Compositæ, gr. vj; Hydrargyri cum Cretâ, gr. jv. Mix. One-sixth part for an infant.*

Useful in constipation.

FORMULA 4.

R̄. Pulveris Rhei, gr. v; Sodæ Bicarbonatis, gr. ij; Hydrargyri cum Cretâ, gr. vj. Mix. One-sixth part for an infant.*

As an alterative, in disturbed digestion, &c.

FORMULA 5.

R̄. Pulveris Cretæ Aromatici, gr. x; Sodæ Bicarbonatis, gr. ij; Pulveris Cinnamomi, gr. iij. Mix. One-sixth part for an infant.*

In slight diarrhœa of young children with flatulence and acidity of stomach.

FORMULA 6.

R̄. Hydrargyri cum Cretâ, gr. j; Pulveris Rhei, gr. ss; Sodæ Bicarbonatis, gr. ss. Mix. The entire powder for a young infant.

In irritation and disturbance of the stomach and bowels during teething and weaning.

FORMULA 7.

R̄. Calomelanos, gr. j; Sacchari Albi, gr. ij. Mix. The entire powder for a young infant.

In convulsions of young children.

* See Table of Doses, page 79.

FORMULA 8.

R̄. Santonini, gr. iij; Sacchari Albi, gr. xv. Mix. One-sixth part for a child of one year old.*

For thread-worms and round-worms in the intestines. To be taken as directed in the chapter on Worms.

DRAUGHTS AND MIXTURES.

FORMULA 9.

R̄. Potassæ Nitratis, gr. xl; Spiritûs Ætheris Nitrosi, fl. dr. j; Syrupi, fl. dr. ij; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, every three or four hours.*

In sore-throat and colds with hot dry skin, measles, &c.

FORMULA 10.

R̄. Trochisci Potassæ Chloratis. One may be taken at intervals of from one to two hours.

These lozenges are useful in inflammations of the throat and mouth occurring in children over two years old.

FORMULA 11.

R̄. Potassæ Chloratis, dr. ss; Syrupi, fl. oz. ss; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old every two hours.*

In quinsy and scarlatina, and in inflammatory affections of the mouth and throat.

FORMULA 12.

R̄. Potassæ Nitratis, gr. xl.; Vini Ipecacuanhæ, fl. dr. ss; Tincturæ Hyoseyami, fl. dr. ss; Syrupi Aurantii, fl. dr. iij; Aquæ Destillatæ ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old every three hours.*

In bronchitis and inflammation of the lungs, &c.

* See Table of Doses, page 79.

FORMULA 13.

R̄. Vini Antimoniale, fl. dr. ij.; Vini Ipecacuanhæ, fl. oz. j; Syrupi, fl. dr. ij. Mix. Half to one teaspoonful every ten minutes until vomiting occurs; for a child at any age.

As an emetic in croup, &c.

FORMULA 14.

R̄. Tincturæ Hyoscyami, fl. dr. ss; Spiritus Ammonia Aromatici, fl. dr. j; Vini Ipecacuanhæ, min. xx; Syrupi Aurantii, fl. dr. iij; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old every four hours.*

In croup, &c.

FORMULA 15.

R̄. Liquoris Ammonia Acetatis, fl. dr. ij; Syrupi Aurantii, fl. dr. iij; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, every three hours.*

In fevers, and where there is febrile disturbance.

FORMULA 16.

R̄. Tincturæ Lobelia Æthereæ, min. xxjv.; Vini Ipecacuanhæ, min. xvj.; Tincturæ Sumbulis, fl. dr. ss; Aquæ Camphoræ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, every four hours.*

Antispasmodic, of great value in whooping-cough, asthma, &c.

FORMULA 17.

R̄. Pulveris Rhei Compositæ, dr. jss; Spiritus Ammonia Aromatici, fl. dr. ss; Syrupi Aurantii, fl. oz. ss; Aquæ Anethi, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, twice or three times a day.*

In disordered bowels, with flatulence and acidity of the stomach.

* See Table of Doses, page 79.

FORMULA 18.

R̄. Tincturæ Cinchonæ Flavæ, fl. dr. jss; Spiritûs Ammonię Aromatici, fl. dr. j; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, three times a day.*

Stimulating tonic after scarlatina, &c.

FORMULA 19.

R̄. Tincturæ Cinchonæ Flavæ, fl. dr. jss; Acidi Nitrici Diluti, min. xxvj; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, three times a day.*

Useful restorative tonic.

FORMULA 20.

R̄. Tincturæ Ferri Perchloridi, min. xl; Quiniæ Sulphatis, gr. jv; Aquæ Destillatæ, ad fl. oz. iij. One tablespoonful for a child of eight years old, three times a day.*

Strengthening tonic. Useful in Saint Vitus' Dance.

FORMULA 21.

R̄. Ferri et Ammonię Citratis, gr. xij; Syrupi, fl. dr. iij; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, thrice daily.*

Mild iron tonic, useful for delicate children.

FORMULA 22.

R̄. Ferri Citratis et Quiniæ, gr. xx; Syrupi, fl. dr. iij; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, twice or thrice daily.

A non-astringent chalybeate tonic; serviceable in convalescence after protracted illness.

FORMULA 23.

R̄. Syrupi Ferri Iodidi, min. l; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, twice daily.*

In scrofulous and consumptive cases.

FORMULA 24.

Parrish's Chemical Food. (*verum*) One teaspoonful for a child of eight years old, twice daily in water.*

In rickets.

* See Table of Doses, page 79.

FORMULA 25.

R̄. Quiniæ Sulphatis, gr. jv; Acidi Citrici, gr. jv; Syrupi Aurantii, fl. oz. ss; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, thrice daily.*

In remittent fever, and ague, &c.

FORMULA 26.

R̄. Liquoris Potassæ, fl. dr. j.; Infusi Quassia, fl. dr. iij; Syrupi Aurantii, fl. oz. ss; Aquæ Destillatæ, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, thrice daily.*

In some disorders of the skin.

FORMULA 27.

R̄. Acidi Nitro-Hydrochlorici Diluti, min. xxjv; Infusi Dulcamaræ, fl. oz. iij. Mix. One tablespoonful for a child of eight years old, thrice daily.*

In some skin affections.

FORMULA 28.

R̄. Extracti Filicis Liquidi, min. vj; Vitelli Unius Ovi; Mix. Make into a draught for a child of eight years old; if for a younger child a less dose of the extract is to be given.*

In tapeworm. To be taken as directed in the chapter on Worms.

FORMULA 29.

R̄. Extracti Belæ Liquidi, fl. dr. iij; Vini Ipecacuanhæ, min. x; Tincturæ Kino, fl. dr. ij; Aquæ Cinnamonomi, ad fl. oz. iij. Mix. One tablespoonful for a child of eight years old, after each fluid motion.*

In dysentery and long-continued diarrhœa.

FORMULA 30.

R̄. Spiritûs Ammonia Aromatici, min. x; Pulveris Rhei Compositæ, gr. xij; Tincturæ Cardamomi Compositæ, fl. dr. ss; Syrupi, fl. dr. ij; Aquæ Anethi, fl. oz. j. Mix. One teaspoonful for an infant, occasionally.

As a carminative during teething, biliousness and indigestion of young infants. A most useful and safe remedy.

* See Table of Doses, page 79.

DIARRHŒA MIXTURES.

FORMULA 31.

R̄. Pulveris Cretæ Aromatici, gr. xl; Tincturæ Catechu, fl. dr. ss; Spiritûs Ammoniaë Aromatici, min. xv; Aquæ Carui, ad fl. oz. j. Mix. One teaspoonful for an infant under two years old, after each fluid motion.

In diarrhœa of infants.

FORMULA 32.

R̄. Pulveris Cretæ Aromatici, dr. jss; Tincturæ Catechu, fl. dr. iij; Tincturæ Opii, min. x; Spiritûs Chloroformi, fl. dr. jss; Misturæ Cretæ, ad fl. oz. vj. Mix. One teaspoonful up to one tablespoonful, according to age,* for a child from two to ten years old and upwards.

As the last. These two preparations will not keep longer than forty-eight hours.

FORMULA 33.

R̄. Acidi Sulphurici Aromatici, min. xij; Tincturæ Catechu, fl. dr. ss; Spiritûs Chloroformi, min. xx; Aquæ Cinnamomi, ad fl. oz. jss. Mix. One teaspoonful for an infant under two years old, after each fluid motion.

In diarrhœa of infants.

FORMULA 34.

R̄. Acidi Sulphurici Aromatici, fl. dr. j; Spiritûs Chloroformi, fl. dr. jss; Tincturæ Catechu, fl. dr. ijss; Tincturæ Opii, min. xx; Tincturæ Cinnamomi, fl. dr. ij; Aquæ Cinnamomi, ad fl. oz. vj. Mix. From one teaspoonful to one tablespoonful, according to age,* for children of two years old and upwards, after every fluid motion.

In diarrhœa of children. This preparation and No. 33, may be kept ready for use when required, as they will not undergo any change nor spoil.

* See Table of Doses, page 79.

COUGH MIXTURES.

FORMULA 35.

R̄. Syrupi Scillæ, fl. dr. j; Vini Ipecacuanhæ, min. viij; Tincturæ Hyoscyami, min. viij; Syrupi, fl. dr. ij; Infusi Senegæ, fl. oz. j. Mix. Half to one teaspoonful occasionally, for infants under two years old.

A good general cough-mixture for young infants; and in long-continued coughs, bronchitis, croup, &c.

FORMULA 36.

R̄. Syrupi Scillæ, fl. oz. ss; Tincturæ Camphoræ Compositæ, fl. dr. ij; Vini Ipecacuanhæ, fl. dr. ss; Infusi Senegæ, ad fl. oz. vj. Mix. One teaspoonful to one tablespoonful every two hours, for children over two years old.*

As the last, but for older children.

APERIENT ELECTUARY.

FORMULA 37.

R̄. Confectionis Sulphuris, Pulpæ Ficorum et Prunorum et Tamarindorum, ā.ā. oz. j; Coriandri Fructûs, dr. ij; Theriacæ, q.s. Mix, and thoroughly incorporate together in a mortar to form an electuary. From half a teaspoonful up to a tablespoonful may be given to children over two years old,* occasionally in the morning.

A pleasant and gentle laxative, in general cases where a mild corrective to the bowels is needed, and in irritable affections of the skin.

EXTERNAL APPLICATIONS.

FORMULA 38.

R̄. Linimenti Saponis, fl. oz. j; Linimenti Camphoræ Compositæ, fl. dr. vj; Olei Olivæ, fl. dr. ij. Mix.

As a stimulating embrocation for young children, where necessary.

* See Table of Doses, page 79.

FORMULA 39.

R̄. Acidi Sulphurosi, fl. oz. ss; Glycerini, fl. oz. ss; Aquæ Destillatæ, ad fl. oz. jv. Mix, and label "For Outward Use."

In Ringworm.

FORMULA 40.

R̄. Glycerini, fl. dr. ij; Aquæ Sambuci, ad fl. oz. viij. Mix.

As a wash for chapped hands, abraded skin, freckles, &c.

FORMULA 41.

R̄. Glycerini, Saponis Mollis, ā.ā. fl. oz. ss. Aquæ Sambuci, q.s. Mix to the consistence of a thick cream.

The best application for chapped hands and similar sores.

FORMULA 42.

R̄. Olei Olivæ, Liquoris Calcis, ā.ā. fl. oz. iij. Mix.

Known as "Carron Oil." May be poured on cotton wool and applied to burns and scalds.

FORMULA 43.

R̄. Aluminis, gr. ij; Aquæ Rosæ. fl. oz. j. Mix.

As a lotion in inflammation of the eyes.

FORMULA 44.

R̄. Unguenti Hydrargyri Nitratis, dr. j.; Unguenti Cctacei, dr. vij. Mix and make an ointment.

To be applied to the edges of inflamed eyelids at night.

FORMULA 45.

R̄. Ammonię Hydrochloratis, dr. jss; Liquoris Ammonię Acetatis, fl. oz. j; Spiritûs Rectificati, fl. oz. j; Aquæ Rosæ, ad fl. oz. viij. Mix.

A useful cooling lotion for sprains, bruises, &c.

FORMULA 46.

R̄. Infusi Quassię, q. s.

May be used as a wash to destroy vermin in the hair, or on the body.

FORMULA 47.

R̄. Unguenti Sulphuris, oz. j. vel q.

To be used freely in itch.



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